



“THE BIRTHPLACE OF THE STATE OF NEW YORK”
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FOR IMMEDIATE RELEASE

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**NEW OFFERING FOR ACTIVE OLDER ADULTS:
STRETCH & SCULPT**

The City of White Plains Recreation & Parks Department is offering a new group exercise class to adults 60 years and older: Stretch & Sculpt. The class promises to be fun, heart -healthy and easy on the joints. The program is designed for active older adults and includes easy to follow, low impact movements, with total body conditioning. Class uses hand-held weights, stretch bands with handles, and a ball. The class concludes with balance, stretching and relaxation exercises. This is a Level 2 class where movements can be modified to be done in a sitting position or standing position with the support of a chair.

The class will be offered on Wednesday from 1:00– 2:00 p.m., May 1 – June 26. The program will be held at the White Plains Recreation and Parks Community Center located at 65 Mitchell Place.

Advance registration is required and is ongoing at the Recreation office, 85 Gedney Way. Registration begins May 1st. The fee is \$25.00 for residents and \$55.00 for non-residents.

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